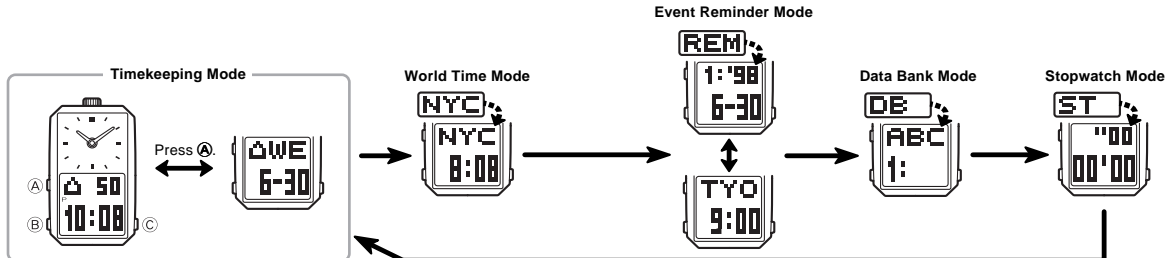


GENERAL GUIDE

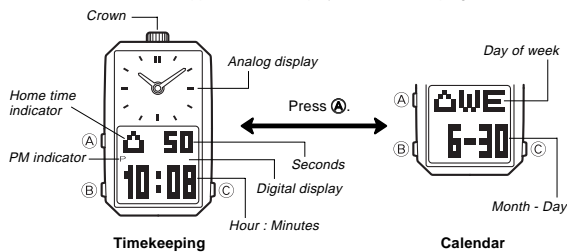
- Press **ⓐ** to change from mode to mode.
- Some models have a white-on-black display.
- The watch automatically reverts to the Timekeeping Mode if you do not perform any operation in the Data Bank Mode for a few minutes.
- Holding down **ⓐ** for a few seconds in any mode returns to the Timekeeping Mode.

When you return to the Timekeeping Mode or World Time Mode, the display contents (timekeeping or calendar) are the same as what they were when you last exited the mode.



TIMEKEEPING MODE

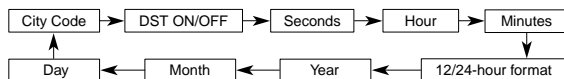
The Home Time indicator appears on the display in the Timekeeping Mode.



- Press **ⓐ** to toggle the lower display between the time (hour, minutes, seconds) and date (day of the week, month, day).
- Your Home Time city code momentarily appears on the display whenever you enter the Timekeeping Mode from another mode.
- Pressing **ⓒ** in the Timekeeping Mode displays your Home Time city code and home time for about one second.

To set the time and date

1. While in the Timekeeping Mode, hold down **ⓐ** until the city code flashes on the display.
2. Press **ⓑ** to move the selection (flashing) around the display in the following sequence.



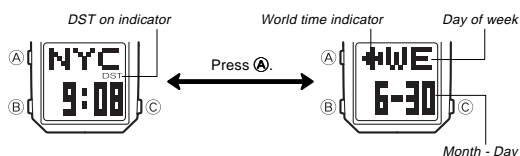
3. While the seconds setting is selected (flashing), press **ⓒ** to reset it to 00. If you press **ⓒ** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the 12H/24H setting is flashing, press **ⓒ** to toggle between 12-hour and 24-hour timekeeping.
- While the DST ON/OFF setting is flashing, press **ⓒ** to toggle daylight saving time (summer time) on and off.
- While the city code is flashing, press **ⓒ** to scroll through the available city codes to select one as your Home Time city.
- While any other setting is selected (flashing), press **ⓒ** to increase it.
- Holding down **ⓒ** changes the setting at high speed.
4. After you set the time and date, press **ⓐ** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- If you do not press any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

To set the hands

Pull the crown out. Set the hands by turning the crown in either direction. Push the crown in on a time signal.

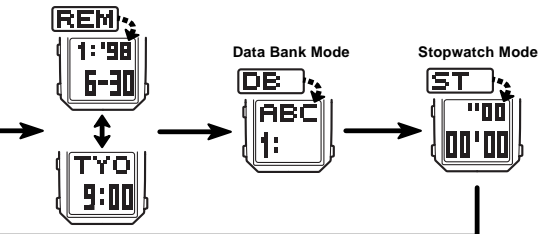
WORLD TIME MODE

The World Time Mode lets you view the current time in any one of 27 time zones (40 cities) around the world.



- You cannot change the time setting in the World Time Mode. The time setting you make in the Timekeeping Mode is used to calculate the times in the World Time zones. For daylight saving time (summer time), you must make separate settings for the Timekeeping Mode and World Time Mode.
- The seconds count in the World Time Mode is synchronized with the count in the Timekeeping Mode.

Event Reminder Mode



- The 12-hour/24-hour format setting you make in the Timekeeping Mode is applied to all the times in the World Time Mode.
- See the CITY CODE TABLE for information about city names and GMT differentials.

City Code Search

In the World Time Mode, press **ⓒ** to scroll through the available city codes. Holding down **ⓒ** scrolls at high speed.

- Pressing **ⓐ** in the World Time Mode displays the current date (day of the week, month, day) in the currently displayed city code city. The world time indicator also appears while the date is displayed. Pressing **ⓐ** again returns to the city code and time display.

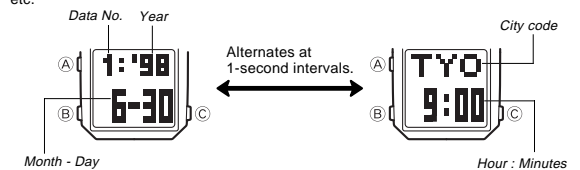
Selecting Daylight Saving Time (Summer Time)

In the World Time Mode, hold down **ⓐ** for a few seconds to toggle between daylight saving time (summer time) and standard time. The DST indicator is on the display while daylight saving time is turned on.

- The DST setting you make is applied to all World Time Mode cities. You cannot make separate settings for each city code.
- Note that the display also switches between the current time and current date display when you hold down **ⓐ** to change the daylight saving time setting. After making your setting, press **ⓐ** again to display the information (time or date) you want.

EVENT REMINDER MODE

The Event Reminder Mode lets you store up to 10 reminders of past events, each containing the date (year, month, day) and time (hour, minutes) the event occurred, and city code that was selected when the event occurred. You can use this feature to record the date, time, and location (city code) of events as they happen, such as the start and end of a meeting, how long it takes to drive from one location to another, etc.



- The 12-hour/24-hour time format for the Event Reminder Mode is the same as the one you select in the Timekeeping Mode.

Recording an Event Reminder

In the Timekeeping Mode, hold down **ⓒ** for a few seconds until the display flashes.

- The first event you record is stored as Record 1. When you record a second event, it is stored as Record 2 and the previous event shifts to Record 1. Records are shifted each time you input a new one. This means that the newest event is always Record 1. If you have 10 records stored in memory, the oldest one is Record E (END).
- You can have up to 10 event records in memory at one time. Recording an eleventh record causes the oldest record in memory (Record E) to be deleted and the other remaining records to be shifted to make room for the new one.

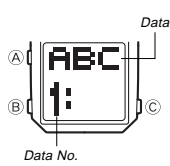
Viewing Records in Event Reminder Memory

In the Event Reminder Mode, press **ⓒ** to scroll through records, starting with the newest one (Record 1).

- Holding down **ⓒ** scrolls through records at high speed.
- The date of the record, alternates with its city code and time on the display in one-second intervals.

Deleting an Event Reminder Record

1. Use **ⓒ** to display the record you want to delete.
2. Hold down **ⓐ** for a few seconds until CLR stops flashing on the display.
- Releasing **ⓐ** while CLR is still flashing cancels the delete procedure without deleting anything.
- The remaining records are shifted accordingly and Record 1 appears after the record is deleted.



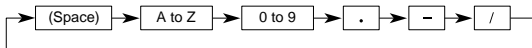
DATA BANK MODE

The Data Bank Mode lets you store up to 10 records (data No.: 1-E), each containing a text of up to 24 characters. The watch automatically reverts to the Timekeeping Mode if you leave it in the Data Bank Mode without performing any operation for a few minutes.

- When you enter the Data Bank Mode, the first record that appears is the one that was on the display the last time you exited the mode.

Inputting Data

- Use **C** to scroll to an empty record or to an existing record whose data you want to replace.
 - Hold down **A** for a few seconds until the first data character starts to flash.
 - Press **C** to scroll through characters at the flashing location. Holding down **C** scrolls at high speed.
- The following shows the scroll cycle when **C** is pressed.



- Note that there is no way to back scroll. This means that if you accidentally go past the character you want, you have to go through the entire forward scroll cycle to get back to it.
- When the character you want is displayed, press **B** to advance to the next position.
 - Repeat steps 3 and 4 as many times as necessary to input all of the text.
 - After inputting the text you want, press **A** to store it.
 - The watch automatically cancels the input operation and returns to the Data Bank Mode screen if you do not input anything for a few minutes.

Searching for Data Bank Mode Data

In the Data Bank Mode, press **C** to scroll through data. Holding down **C** scrolls at high speed.

- When the data text has more than three characters, the text scrolls from right to left on the screen. The end of the text data is indicated by the symbol ◀.
- Pressing **A** pauses the right-to-left scrolling of the Data Bank Mode data. Press **A** again to resume scrolling.

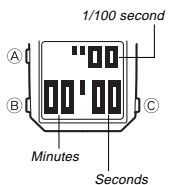
Editing Data

- In the Data Bank Mode, use **C** to display the record whose data you want to edit.
- Hold down **A** for a few seconds until the first data character starts to flash.
- Use **B** to move the flashing to a character you want to change.
- Use **C** to scroll through available characters until the one you want is displayed.
- Repeat steps 3 and 4 to make the rest of the corrections you want.
- After everything is the way you want, press **A** to store the new data.

Deleting Data Bank Mode Data

- In the Data Bank Mode, use **C** to display the record whose data you want to delete.
- Hold down **A** for a few seconds until the first data character starts to flash.
- Hold down **B** and **C** at the same time until **CLR** appears on the screen, indicating that the data is deleted.
- At this point you could input new data if you want.
- Press **A** to return to Data Bank Mode screen.

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

Elapsed time measurement



Split time measurement



Split time and 1st-2nd place times



CITY CODE TABLE

GMT differential	City Code	City	Other major cities in same time zone
-11	PPG	PAGO PAGO	
-10	HNL	HONOLULU	PAPEETE
-09	ANC	ANCHORAGE	NOME
-08	YVR	VANCOUVER	LAS VEGAS, SEATTLE, DAWSON CITY
	SFO	SAN FRANCISCO	
	LAX	LOS ANGELES	
-07	DEN	DENVER	EL PASO, EDMONTON
-06	MEX	MEXICO CITY	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, WINNIPEG
	CHI	CHICAGO	
-05	MIA	MIAMI	MONTREAL, DETROIT, BOSTON, LIMA, PANAMA CITY, HAVANA, BOGOTA
	NYC	NEW YORK	
-04	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-03	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
+00	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+01	PAR	PARIS	MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
	MIL	MILAN	
	ROM	ROME	
	BER	BERLIN	
+02	IST	ISTANBUL	ATHENS, HELSINKI, BEIRUT, DAMASCUS, CAPE TOWN
	CAI	CAIRO	
	JRS	JERUSALEM	
+03	JED	JEDDAH	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+04	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	
+05	KHI	KARACHI	
	MLE	MALE	
+5.5	DEL	DELHI	MUMBAI, CALCUTTA
+06	DAC	DHAKA	COLOMBO
+6.5	RGN	YANGON	
+07	BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+08	SIN	SINGAPORE	KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
	HKG	HONG KONG	
+09	SEL	SEOUL	PYONGYANG
	TYO	TOKYO	
+9.5	ADL	ADELAIDE	DARWIN
+10	GUM	GUAM	MELBOURNE, RABAUL
	SYD	SYDNEY	
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of June 1999.